



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Full Report (All Nutrients) 01209, Cheese, Mexican, blend, reduced fat

Report Date: July 11, 2017 14:44 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	0.25 cup 28g
<strong>Proximates</strong>						
Water	g	48.20	1	--	13.66	13.50
Energy	kcal	282	2	--	80	79
Energy	kJ	1180	2	--	335	330
Protein	g	24.69	2	--	7.00	6.91
Total lipid (fat)	g	19.40	2	--	5.50	5.43
Ash	g	4.30	1	--	1.22	1.20
Carbohydrate, by difference	g	3.41	--	--	0.97	0.95
Fiber, total dietary	g	0.0	2	--	0.0	0.0
Sugars, total	g	0.56	--	--	0.16	0.16
<strong>Minerals</strong>						
Calcium, Ca	mg	1146	2	--	325	321
Iron, Fe	mg	0.13	1	--	0.04	0.04
Magnesium, Mg	mg	35	1	--	10	10
Phosphorus, P	mg	583	1	--	165	163
Potassium, K	mg	93	1	--	26	26
Sodium, Na	mg	776	2	--	220	217
Zinc, Zn	mg	4.30	1	--	1.22	1.20
Copper, Cu	mg	0.021	--	--	0.006	0.006
Selenium, Se	µg	15.5	--	--	4.4	4.3
<strong>Vitamins</strong>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.030	1	--	0.009	0.008
Riboflavin	mg	0.300	1	--	0.085	0.084

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	0.25 cup 28g
Niacin	mg	0.060	1	--	0.017	0.017
Vitamin B-6	mg	0.084	1	--	0.024	0.024
Folate, total	µg	20	--	--	6	6
Folic acid	µg	0	--	--	0	0
Folate, food	µg	20	--	--	6	6
Folate, DFE	µg	20	--	--	6	6
Choline, total	mg	13.5	--	--	3.8	3.8
Vitamin B-12	µg	1.66	1	--	0.47	0.46
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	155	--	--	44	43
Retinol	µg	151	--	--	43	42
Carotene, beta	µg	50	--	--	14	14
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	586	--	--	166	164
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.17	--	--	0.05	0.05
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.4	--	--	0.1	0.1
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	0.1	0.1
Vitamin D	IU	14	--	--	4	4
Vitamin K (phylloquinone)	µg	1.6	--	--	0.5	0.4
<b>Lipids</b>						
Fatty acids, total saturated	g	11.580	1	--	3.283	3.242
4:0	g	0.720	1	--	0.204	0.202
6:0	g	0.420	1	--	0.119	0.118
8:0	g	0.240	1	--	0.068	0.067
10:0	g	0.520	1	--	0.147	0.146
12:0	g	0.560	1	--	0.159	0.157
14:0	g	1.880	1	--	0.533	0.526
16:0	g	5.020	1	--	1.423	1.406
18:0	g	2.240	1	--	0.635	0.627

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	0.25 cup 28g
Fatty acids, total monounsaturated	g	5.020	1	--	1.423	1.406
16:1 undifferentiated	g	0.300	1	--	0.085	0.084
18:1 undifferentiated	g	4.470	1	--	1.267	1.252
20:1	g	0.040	1	--	0.011	0.011
22:1 undifferentiated	g	0.000	1	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.750	1	--	0.213	0.210
18:2 undifferentiated	g	0.570	1	--	0.162	0.160
18:3 undifferentiated	g	0.130	1	--	0.037	0.036
18:4	g	0.000	1	--	0.000	0.000
20:4 undifferentiated	g	0.030	1	--	0.009	0.008
20:5 n-3 (EPA)	g	0.000	1	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	1	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	1	--	0.000	0.000
Cholesterol	mg	62	2	--	18	17

#### Amino Acids

#### Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0